

Madison Grief Support Programs

YOU DON'T HAVE TO GRIEVE ALONE.

HeartLight Center is a non-profit that companions and educates people through their grief to find hope. HeartLight offers virtual support groups, workshops, seminars and resources for individuals who are grieving a death loss of any kind.



IN-PERSON PROGRAMS ONGOING DROP-IN GRIEF SUPPORT GROUPS:

Open, drop-in groups invite people to come together with those who have similar losses. Participants may attend as often or as little as needed and discussions are personalized to fit the needs of each group.

Scan to Register or
Learn More:



GRIEF SUPPORT CIRCLE: OPEN SUPPORT FOR ANY DEATH LOSS

Upcoming dates: Wed. Sept 17, Oct 15 | 4:00-5:30 PM | Cress Madison (East)- 3325 E Washington Ave, Madison, WI 53704
Wed. Sept 24, Oct 22 | 4:00-5:30 PM | Cress Center (Far West)- 6021 University Ave, Madison, WI 53705

This ongoing support group is open to anyone who has experienced a death, open to all types of losses and timelines. Participants are welcome to bring a photo or special object to share during group. Meets on the third and fourth Wednesday monthly.

WE ARE GROWING IN WISCONSIN:

We are working on bringing more programming to your area, and we want to hear about what you are looking for. If you have a specific request, any questions or would like more information, please contact us by phone, email, or scanning QR Code. We look forward to hearing from you!



HeartLight



Website

720-748-9908

info@heartlightcenter.org

www.heartlightcenter.org





VIRTUAL PROGRAMS

ONGOING DROP-IN GRIEF SUPPORT GROUPS:

Open, drop-in groups invite people to come together with those who have similar losses. Participants may attend as often or as little as needed and discussions are personalized to fit the needs of each group.

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OPEN SUPPORT FOR ANY DEATH LOSS:

Grief Support Circle

Meets monthly on the first Wednesday
5pm PT / 6pm MT / 7pm CT / 8pm ET

Grief Support Circle

Meets monthly on the third Tuesday
3pm PT / 4pm MT / 6pm CT / 6pm ET

LOSS OF A SPOUSE OR PARTNER:

Loss of Spouse/Partner

Meets monthly on the second Wednesday
5pm PT / 6pm MT / 7pm CT / 8pm ET

LOSS OF A PARENT/CAREGIVER:

Loss of a Parent(s)

Meets monthly on the second Wednesday
5pm PT / 6pm MT / 7pm CT / 8pm ET

Loss of a Parent(s)

Meets monthly on the fourth Wednesday
5pm PT / 6pm MT / 7pm CT / 8pm ET

SUDDEN & TRAUMATIC GRIEF SUPPORT GROUPS:

Suicide Loss Grief Support

Meets monthly on the second Thursday
5pm PT / 6pm MT / 7pm CT / 8pm ET
Meets monthly on the fourth Thursday
3pm PT / 4pm MT / 5pm CT / 6pm ET

Substance Loss Grief Support

Meets monthly on the fourth Thursday
6pm PT / 7pm MT / 8pm CT / 9pm ET

Sudden & Traumatic Loss Grief Support

Meets monthly on the fourth Tuesday
5:30pm PT / 6:30pm MT / 7:30pm CT / 8:30 ET

Homicide Loss (Meets Quarterly)

Meeting: September 9, December 9
3pm PT / 4pm MT / 5pm CT / 6pm ET

GRIEF SUPPORT FOR SPECIFIC POPULATIONS:

LGBTQ+ Grief Support

Meets monthly on the second Monday
4pm PT / 5pm MT / 6pm CT / 7pm ET

Young Adults Grief Support

Meets monthly on the third Monday
5pm PT / 6pm MT / 7pm CT / 8pm ET

Family Caregiver Circle

Meets monthly on the first Thursday
4pm PT / 5pm MT / 6pm CT / 7 ET

Starting
in Oct

Loss of a Sibling

Meets monthly on the third Thursday
3:30pm PT / 4:30pm MT / 5:30pm CT / 6:30pm ET

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SEMINARS:



FIRST STEPS

Upcoming Dates: Sept 10, Oct 8, Nov 12 | 5pm PT/ 6pm MT/ 7pm CT/ 8pm ET

Get help handling tasks and finances after a death, understanding what documents you'll need and how to get them, closing accounts and filing claims.



WEEKLY OPEN, ONGOING CLASS:



YOGA FOR GRIEF RELIEF

Weekly on Sundays | 11-12:00pm PT/ 12-1:00pm MT/ 1-2:00pm CT/ 2-3:00pm ET

In partnership with May Wellness, join Mayde Jackson weekly on Sundays for a gentle, supportive Yoga for Grief Relief class, designed to help you navigate your emotions, release tension, and cultivate a sense of peace during this difficult time. No prior yoga experience is needed. Cost: \$30 per class.



WEEKLY CLOSED GROUP SUPPORT:

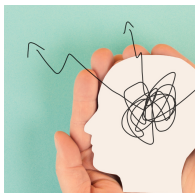
Weekly, closed-group series follow a pre-defined curriculum to help guide group discussions and topics for each meeting.



FACING THE MOURNING 4-WEEK SUPPORT GROUP

Thurs. Sept 4, 11, 18 & 25 | 10-11:30am PT/ 11-12:30pm MT/ 12-1:30pm CT/ 1-2:30pm ET

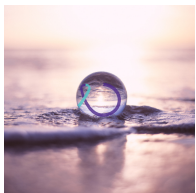
An interactive 4-session support group designed to help with the grieving process by using visual and thought-provoking tools. Cost: \$65, includes materials.



THE GRIEVING BRAIN SUPPORT GROUP & BOOK CLUB 5-SESSION GROUP

Thurs. Oct 16, 30, Nov 13, 24*, Dec 11 | 4:30pm PT/ 5:30pm MT/ 6:30pm CT/ 7:30pm ET

We will navigate the complexities of grief while reading and discussing "The Grieving Brain" by Mary-Frances O'Connor. Cost: \$50, does not include copy of the book. ***Includes one alternative date not on a Thursday to accommodate the Thanksgiving holiday.*



SUPPORT AFTER SUICIDE LOSS 4-WEEK GROUP

Wed. Oct 8, 15, 22 & 29 | 3-4:30pm PT/ 4-5:30pm MT/ 5-6:30pm CT/ 6-7:30pm ET

This 4-week closed-group is designed for individuals coping with a suicide loss and are within their first year since the death. We will explore grief themes and topics specific to this painful and traumatic end of life in order to connect with our life going forward. Suggested donation: \$40



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SPECIAL GRIEF WORKSHOPS:

Educational and experiential workshops that explore various topics, methods for coping, and activities for anyone who has had a loss. Workshops are offered as a series or one time program.



Grief Support After a Homicide Loss: Quarterly Meeting

Tues. Sept 9 | 3-4:30pm PT/ 4-5:30pm MT/ 5-6:30pm CT/ 6-7:30pm ET

Join us in a quarterly meeting space to share about the unique grief experiences that occur after a homicide loss. We will come together in an intentional space for remembrance, support and honoring the lives of those we are grieving for, and how the nature of homicide loss impacts our grief.



WRITING THROUGH GRIEF

Thurs. Sept 18 | 3-5:00pm PT/ 4-6:00pm MT/ 5-7:00pm CT/ 6-8pm ET

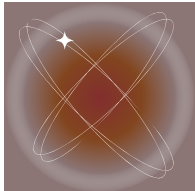
Explore grief through the written word in poetry, prose, and reflective writing – how we choose to tell our grief story, in various written forms, can help us create a sense of meaning, remembrance and create legacy through use of the written word. Cost: \$20.



OPEN HEART STUDIO ONLINE

Sat. Oct 4 | 9-11:00am PT/ 10-12:00pm MT/ 11-1:00pm CT/ 12-2pm ET

This online creative gathering will instruct the use of materials found in the home to explore our grief through use of various art activities, no prior art experience required. Cost: \$30.



CONTINUING BONDS

Tues. Oct 21 | 5:30-7:30pm PT/ 6:30-8:30pm MT/ 7:30-9:30pm CT/ 8:30-10:30pm ET

Join Ariela HaLevi, Shamanic Energy Healer, as we explore the healing journey to connect to the spark of your loved one and reignite the spark inside of you. This workshop provides a holistic approach to connecting to your loved ones on the other side as you journey through loss. Cost: \$50.



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TRAINING AND EDUCATION

UPCOMING EDUCATIONAL SIGNATURE SERIES:

HeartLight hosts experts to speak on various grief and loss topics throughout the year.

Seminars are presentational and all are invited to learn.

HOLIDAYS AFTER SIGNIFICANT LOSS PRESENTED BY LITSA WILLIAMS AND ELEANOR HALEY OF WHAT'S YOUR GRIEF

Program for Professionals:

Grief Support for Continuing Bonds and Holiday Traditions (FREE CEUs)

Tues. Nov 4th | 8am PT/ 9am MT/ 10am CT/ 11am ET | On Zoom

Program for Anyone Who is Grieving or Supporting a Griever:

Rewriting the Holidays After Loss

Tues. Nov 4th | 5pm PT/ 6pm MT/ 7pm CT/ 8pm ET | On Zoom

what's
your
grief?



FACING THE MOURNING FACILITATOR TRAINING:

Learn to facilitate our signature 4-session interactive support group open to all types of losses to bring to your community or organization. (For Professionals).



FACING THE MOURNING FACILITATOR TRAINING

Upcoming Dates: Fri. September 19, Nov. 21

Start Time: 10am PT/ 11am MT/ 12pm CT/ 1pm ET

Cost: \$90



RESOURCES:

Resources for those who have experienced a loss as well as professionals supporting someone who has experienced a loss. Learn more by scanning the QR code.

Recommended Grief Media:

- Book List
- Podcasts
- Websites
- Videos

Topic Specific Grief Brochures & Handouts:

- Helping Someone Who is Grieving
- Helpful Information About Grief
- Why Are The Holidays So Hard?
- What Can I Do About My Grief?
- Supporting Grieving Kids
- Individual vs. Group Support
- Loss in the Work Place



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MY PROGRAM CALENDAR:

Please use this space to mark down any events that interest you. Feel free to contact us with any questions.

We look forward to seeing you soon.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	September			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

